



WALK WITH ALDERMAN STAMPER IN SHERMAN PARK

Half-Way Point Proves Success

On June 2, 2014, I launched my "Walk 100 Miles in 100 Days" challenge, encouraging Milwaukee residents to stay active this summer. Regular physical activity has proven to lower the risk of heart disease, obesity, stroke, type 2 diabetes and depression. Walking is easy, accessible, and it could save your life.

As someone who cares deeply about the City of Milwaukee and all who call it home, I care about the health and lifestyle choices that residents make. As we reach the half-way point of the 'Walk 100 Miles in 100 Days' challenge, I am extremely proud of the progress we have made thus far.

As of today, there are over 300 registered participants, and hundreds more have participated in a community walk this summer. We have more than 14,437 miles recorded so far, and many more to go.

At the half-way point, I want to stress that it is not too late to

register. If you register today, you only have to walk two miles a day to meet the 100-mile goal. Many of us walk two miles each day simply doing daily tasks.

I am thankful for the community leaders that have led walks around Milwaukee, giving residents a variety of people to walk with and motivation to stay active.

So far this summer, Alderman Stamper, WE Energies, MGIC, The Urban Ecology Center and Alderman Murphy have all held walks, broadening our view of the city we live in, creating friendships with each step we take and giving us a reason to enjoy the beautiful summer nights.

As we look ahead to the final 50 days, I am excited for the many community walks that we have planned. Some of our featured walks are listed here, but the full event calendar can be found at milwaukee.gov/Walk100.



Walk 100 Miles in 100 Days Challenge Update

JULY 21, 2014

UPCOMING WALKS

- **July 29 @ 6:30 p.m.**
Alderman Puente
Havenswood State Forest
- **July 30 @ 12 p.m.**
American Cancer Society
Schlitz Park
- **July 31 @ 1 p.m.**
WIC
Washington Park
- **July 31 @ 4 p.m.**
Boys & Girls Club
Hillside Club
- **August 2 @ 9:30 a.m.**
Summerfest/Don Smiley
Lakeshore State Park
- **August 2 @ 11:30 a.m.**
Alderman Witkowski
6th St. and Howard Ave.
- **August 7 @ 8 p.m.**
Alderman Bohl
Kops Park
- **August 8 @ 12:15 p.m.**
Listening to Mitchell
St. Stanislaus Church

Congratulations to our top ten walkers who have gone above and beyond the 100-mile goal. You have been an inspiration and motivation for us all to keep walking and recording our progress. Well done!

MYTANG	359.6
GBFAN	359.1
SAFHUNDOS	332.2
MARY S	324.14
KIMMAC	281.1
LJ	259.3
MARY	250.05
LLWALKER	223.0
PCURLE	210.0
PAT DF	206.04



Thank you to our sponsors and donors who have contributed to the program.

- Summerfest
- Polish Fest
- Irish Fest
- Gold's Gym
- InStep Physical Therapy and Running Center
- Molina Healthcare
- Discovery World
- YMCA of Metropolitan Milwaukee
- German Fest
- Festa Italiana

I look forward to the second half of the 'Walk 100 Miles in 100 Days' challenge and I hope to see you out and walking over the rest of the summer.

Tom Barrett

Tom Barrett
Mayor

